

# CADS Abstinence Programme

A 12 step approach to recovery and wellbeing



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you're ready!**

**call 0800 845 1818**

[www.cads.org.nz](http://www.cads.org.nz)

**Te Whatu Ora**  
Health New Zealand

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**CADS Abstinence Programme (CAP)** provides an intensive outpatient programme based on 12 Step Facilitation which can be helpful for people who:

- have a desire and a willingness to be drug and alcohol-free
- can commit to 9 hours a week of group work over 8 -12 weeks during the intensive phase of the programme
- would like to have longer-term support in the journey of recovery
- are open to the values of 12 Step Fellowships

Treatment takes place mainly in groups with regular individual counselling.

Family/whanau involvement is encouraged and a group is available for adult family members and support people.

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### Venue

Pitman House  
50 Carrington Rd, Point Chevalier

For information about group times etc  
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